

Deliverance Prayer for Deliverance from Anxiety Attacks

Heavenly Father, I come in the mighty name of Jesus Christ, my Lord and Savior. I cling to Your promise that You have not given me a spirit of fear, but of power and of love and of a sound mind (2 Timothy 1:7, NKJV).

I receive the authority You've granted me to trample on all the power of the enemy (Luke 10:19, NKJV). I place my racing heart, my breath, and my thoughts under the covering of Jesus' blood.

I put on the full armor of God to stand firm against this onslaught of anxiety that seeks to torment my soul (Ephesians 6:10-18, NKJV).

With a repentant heart, I turn from every sin and agreement that opened doors to panic—doubt, unforgiveness, fear of failure or rejection, and any generational anxiety in my bloodline.

Forgive me and cleanse me completely (1 John 1:9, NKJV). I release forgiveness to those who have harmed me, blessing them in Jesus' name.

In Christ's authority, I renounce every lie of impending doom, inadequacy, and isolation. I break ungodly soul ties and cancel inner vows by the power of the Cross. I pull down strongholds of anxiety and seal every door with the blood of Jesus (2 Corinthians 10:4-5, NKJV).

Now, in the name of Jesus, I command every spirit of anxiety, panic, fear, intimidation, and confusion—whether linked to Jezebel's control, familiar spirits, or any marine oppression—to loose me and leave my mind and body.

You have no legal right; I am submitted to God. Go to the feet of Jesus and never return (James 4:7, NKJV).

Holy Spirit, fill me now—flood every place vacated by the enemy with Your peace that surpasses understanding (Philippians 4:7, NKJV). Heal past wounds, steady my breath, renew my mind, and clothe me with boldness and a sound mind.

I thank You for deliverance and for the Cross that crushed fear's power. I declare I am more than a conqueror and no weapon formed against me shall prosper (Romans 8:37, NKJV; Isaiah 54:17, NKJV).

Teach me to guard my tongue, to speak life, and to walk daily in Your peace. Establish my home as an altar of Your presence where no torment can dwell. In

Jesus' name, Amen.

For pastoral care only and not medical advice. If you feel unsafe, seek local emergency help immediately.